



That's 10 wins in a row

Forward Matthew Boudreau continued his hot streak with a goal in the Mooseheads' 4-3 victory over the Titan **PAGE 20**

WHAT A DRAG

12 FORMER CONTESTANTS WITH SOMETHING TO PROVE GET ANOTHER SHOT IN RUPAUL'S ALL STARS DRAG RACE **PAGE 13**



HALIFAX

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Monday, October 22, 2012



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RAINING BUCKETS

Halifax Rainmen centre Paul Nelson dunks the ball in National Basketball League pre-season action on Sunday at the Metro Centre. The Rainmen lost 105-97 to the Summerside Storm with 7,562 on hand for EastLink Slam Dunk Day. **Story, page 19. JEFF HARPER/METRO**

Major fail in tallying votes

Ballot counting. Lack of resources led to long waits for updated HRM election results



RUTH DAVENPORT
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The outgoing mayor of HRM says the results of the 2012 election revealed more than the new council: They also exposed the flaws in an antiquated reporting system.

Anticipation rapidly turned to frustration after the polls closed at 7 p.m. Saturday as hours ticked by with only sporadic updates to the council races.

"We have to catch up with the 21st century," said Peter Kelly on Sunday. "The electronic voting system, from what I understand, worked very well. It was the paper aspect and the calling in that caused the problems."

Most of the ballots were cast electronically, prompting Kelly to muse about ditching paper altogether.

"If they can do a provin-

Quoted

"I firmly believe that unless you get out and vote you should just shut the f--k up."

Mayoral candidate Fred Connors on dismal voter turnout

cial or federal election and have results in an hour and a half, we need to go in that direction," he said.

Returning officer Cathy Mellett says officials underestimated the resources needed to record and input results coming in from around the municipality.

"Our phones were quiet by 10:30, but then on the other end it's also a very manual system, where you enter those numbers in manually to a system that records the results," she said. "People are used to the speed of the electronic results and this is nowhere close to that."

Several candidates expressed frustration over the delays, which kept them waiting until the early morning for confirmation of a

win or loss.

"Some of your best lessons are painful ones and we'll be taking every lesson we can from this one," said Mellett.

Despite the popularity of electronic voting, total turnout reached just 37 per cent, the same as in 2008.

"It's a bit disconcerting," said Kelly. "We need to find a way to engage, or re-engage the public and youth moving forward so that they understand that we are a result of them and their voices need to be heard."

HRM Election 2012

- **Page 3** — Mayor-elect Mike Savage ready to take on new job



- **Page 4** — A lot of familiar faces coming back to council

- **Page 5** — School board chair given the boot

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* March 15	Calgary	Southern Alberta, Jubilee Auditorium
March 16	Regina	Brandt Centre
March 17	Winnipeg	MTS Centre
* April 10	Hamilton	Hamilton Place
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Runners-up

Martin waits till bitter end to concede defeat

Well after Mike Savage gave his victory speech as Halifax's mayor-elect, Tom Martin sat staring at the voter numbers on a computer screen, eating popcorn out of a brown paper bag.

Trailing by 30,000 votes at 9 p.m., Martin, who ended up a faraway second with 21,912 votes compared to Savage's 63,547, refused to concede defeat, pinning his hopes on a small percentage of votes yet to be counted.

But the undeniable truth finally registered by 10 p.m., when Martin grabbed his grey blazer and headed to Dartmouth to congratulate Savage on his win.

Projected as one of two possible threats to defeat Savage, Martin acknowledged in the end he simply didn't connect with enough voters.

"Obviously it comes back to me as the candidate, either something I did or didn't do," he said.

As for Fred Connors, who finished just behind Martin for third, he says he will continue to be engaged and hopes Savage can make good on his promise of real change.

He says he's looking forward to what Savage will do with a predominantly incumbent council to inspire a sense of optimism.

"Now it's up to the leadership of Mike Savage to see that happens," said Connors. "If they can't, there are going to be a lot of very disappointed people in HRM."

HALEY RYAN AND ANDREW CALEY/FOR METRO



Tom Martin HALEY RYAN/FOR METRO



Mayor-elect Mike Savage delivers his victory speech to a crowd at the Dartmouth Sportsplex on Saturday night. JEFF HARPER/METRO

Savage aiming for culture of prosperity

Promises. Newly elected mayor says city needs to be more aggressive to fulfil potential for greatness

Mike Savage says he was left shaking his head after Halifax dropped its bid to host the 2014 Commonwealth Games in 2007.

He also says construction on the city's convention centre has been delayed too many times.

Both points, Savage adds, illustrate a major concern of his: This city is too cautious, and it needs to be more aggressive about its future.

"If we spend all of our time wondering about what might go wrong, then we're not being focused on what can be right,"

Votes cast for the six mayoral candidates

- | | |
|------------------------|----------------------------------|
| • Mike Savage: 63,547 | • Aaron Eisses: 1,628 |
| • Tom Martin: 21,912 | • Steve Mackie: 1,458 |
| • Fred Connors: 20,277 | • Robert Wesley McCormack: 1,218 |

said Savage on Sunday, a day after being elected HRM mayor in a landslide victory.

He pledged to fight to fulfil HRM's "vast potential," which he says has more going for it than just about anywhere in the country.

"We are the gateway into North America. We have a natural port, universities, military presence.... We have all the assets we need for greatness."

That was his message minutes after bursting through the

doors of his campaign headquarters in Dartmouth to victory cheers of "Mike! Mike!"

To his friends and colleagues, his greatest strength is his ability to bring people together. Savage plans to use his "collegial leadership" to spark a culture of prosperity.

"By being open, not only with fellow councillors but with citizens. We have to have a consistent message by being positive and optimistic."

Jack Novack, a municipal

governance expert at Dalhousie University, says it isn't unusual for politicians to have lofty goals starting out, but the problem lies in implementing them.

"He has limited financial resources, primarily based on a property tax," he said. "There's no real recognition of the unique role that Halifax plays in our region, province and in our Eastern region in terms of an engine of growth. These are things that create their own kinds of context within which one has to work."

Savage's promises range from tax reform to making council more transparent.

The former Liberal MP knows he'll be under the microscope, but he says he's ready for the challenge.

"You have to feel pressure to accomplish anything."

ANDREW RANKIN/METRO

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1 NEWS

Familiar faces: 13 of the 16 'new' councillors are returning veterans

Analysis. New boundaries, vote splitting affected results



RUTH DAVENPORT
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Despite all the talk about starting over, HRM's next regional council is strikingly similar to its last.

There will be three new faces around the council table in November, as incumbents claimed 13 of the 16 seats up for grabs.

A Dalhousie University professor who specializes in local government says the perceived appetite for change wasn't enough to outweigh the familiarity factor.

"Incumbents, in a sense, are campaigning for four years before the election," said Jack Novack. "Every time they respond to an issue or help somebody ... in a sense they're trying to not only do good but win favour with the people for whom that action is a response."

The new boundary districts pitted veteran against veteran in four districts, including the new District 3, where the final vote tally showed Jackie Bark-

house eking out a six-vote win over Bill Karsten.

Karsten says he is seeking a recount — adding that he's not a sore loser.

"I have, I believe, a responsibility to the 3,246 wonderful people that did believe I was the candidate to represent them," he said. "I think they deserve to have (the result) validated so that ... we can all move on."

Novack says it appears the redrawn district boundaries played a major role in the defeat of a few incumbents, among them veteran councillor Dawn Sloane, who lost the new District 8 seat to Jennifer Watts.

"There were two incumbents, but one was more incumbent than the other in the sense that they had a much greater portion of their previous district represented than the other," said Novack.

Vote-splitting also played a role in a few races, propelling incumbents to victory — or defeat, as in District 7, where newcomer Wayne Mason triumphed over Sue Uteck.

"The Dawgfather got 257 votes, and the difference between first and second is 120," said Novack.

"Where his votes would have gone, I don't know, but when you have four or five candidates, it does change the dynamics."

Quoted

"I think having some new people in there hopefully will get us talking about issues and solutions instead of fighting personality conflicts."

Wayne Mason, one of three new members of council



Wayne Mason talks to reporters after delivering his acceptance speech at the HUB in Halifax on Saturday night. JEFF HARPER/METRO

Outgoing

Six veteran councillors ready for a curtain call

Six regional councillors with more than 52 years' combined experience are now two weeks away from ending their careers in municipal politics.

Steve Streach, Sue Uteck, Dawn Sloane, Mary



Dawn Sloane
METRO FILE

The reactions among the outgoing councillors the

Wile and Peter Lund were all defeated in Saturday's election, and a pending recount will add either Bill Karsten or Jackie Barkhouse to the list.

morning after the election ranged from gracious resignation to giddy euphoria.

"It's nice to go to the grocery store in your sweatpants without makeup," said a cheerful Sue Uteck.

Uteck said she was aware of the possibility for defeat and has moved on.

"It's not about the personalities anymore, it's about the district," she said. "I went to Wayne (Mason's) house (Saturday) night and told him he'd better be at

council with me on Tuesday and get him trained and ready to run the district."

Coun. Steve Streach said he was also prepared for a loss in the new District 1, despite enthusiastic support from former constituents.

"When you combine former portions of two different districts and one has over 11,000 votes and the other has less than 5,000, the math was against me right from the beginning," he said. RUTH DAVENPORT/METRO

Council results from the Halifax municipal election 2012

District 1: Waverley-Fall River-Musquodoboit Valley

Barry Dalrymple: 3,806

Steve Streach: 2,843

District 2: Preston-Porters Lake-Eastern Shore

Laurie Cook: 1,116

Will Gilligan: 370

David Hendsbee: 3,118

Jason Josey: 798

Keith Leahy: 1,080

Gail McQuarrie: 1,175

District 3: Dartmouth South-Eastern Passage

Jackie Barkhouse: 3,352

Bill Karsten: 3,346

Jim MacDonald: 1,478

District 4: Cole Harbour-Westphal

Angela Jones: 1,905

Lorelei Nicoll: 4,626

Barry Smith: 920

District 5: Dartmouth Centre

Sam Austin: 1,758

Ken Bowman: 157

Sonya Dudka: 1,195

Bryn Jones-Vaillancourt: 144

Gloria McCluskey: 4,760



Jackie Barkhouse METRO FILE

Kate Watson: 562

Bill Zebedee: 460

District 6: Harbourview-Burnside-Dartmouth East

Darren Fisher: 4,518

Jerry Pye: 1,983

District 7: Peninsula South-Downtown

Mike MacDonell: 98

Wayne Mason: 1,949

Dawgfather PHD: 357

Sue Uteck: 1,835

Gerry Walsh: 1,796

District 8: Peninsula North

James McKay: 95

Karen Dempsey: 263

Doug MacDonald: 1,638

Dawn Sloane: 1,558

Jennifer Watts: 3,906

District 9: Peninsula West-Armdale

Giovanni (John) Abati: 395

Richard MacLean: 2,649

Linda Mosher: 4,900

John Wimberly: 699

District 10: Birch Cove-Rockingham-Fairview

Kurt Bulger: 1,961

John Thibeau: 665

Russell Walker: 3,084

District 11: Spryfield-Sambro-Prospect Road

Stephen Adams: 3,005

Peter Grabosky: 676

Jim Hoskins: 1,073

Tom Lavers: 1,409

District 12: Timberlea-Beechville-Clayton Park West

P. Rano Khokhar: 244

Reg Rankin: 2,831

Bruce E. Smith: 1,536

Mary Wile: 1,904

District 13: Hammonds Plains-St. Margarets

Peter Lund: 2,897

Doug Poulton: 1,064

Matt Whitman: 3,202

District 14: Upper/Middle Sackville-Beaver Bank

Brad (BJ) Johns: 3,141

Laurie Sauers: 1,190

District 15: Lower Sackville



Steve Craig CONTRIBUTED

Steve Craig: 2,524

Janet Langille: 698

Stephen Taylor: 1,852

Curt Wentzell: 755

Ian Wilson: 300

District 16: Bedford-Wentworth

Tim Outhit: 5,386

Mark Ward: 1,055

PHILIP CROUCHER/METRO

HRSB chair goes down to defeat

Municipal election. Irvine Carvery one of several school-board members to lose

ANDREW RANKIN

andrew.rankin@metronews.ca

Seven new faces will sit on the Halifax Regional School Board, including Melinda Daye, who defeated former chair Irvine Carvery for the tightly contested African Nova Scotian seat.

Daye won 1,166 votes, while Carvery received 1,108. On her Facebook page, Daye pledged to be a strong voice on the board. "I want to ensure you that as your school-board rep I am your voice at board meetings. I am there to represent, work with the other board members, above all, the community, our students, our teachers — their needs, their concerns."

Carvery thanked his sup-



Irvine Carvery
METRO FILE

porters on his Facebook page, adding he was taking a "pause" from politics.

The election produced only two incumbents: Gin Yee in District 3, and Sheryl Blumenthal-Harrison in District 6, who won her seat by acclamation, along with Steve Warburton.

The winners of Saturday's HRSB elections:

- District 1: Bridget Ann Boutilier
- District 2: Nancy Jakeman
- District 3: Gin Yee
- District 4: Cindy Littlefair
- District 5: Christy Linders
- District 6: Sheryl Blumenthal-Harrison
- District 7: Steve Warburton
- District 8: Dave Wright
- Conseil scolaire acadien provincial: Lucien Comeau



Thousands of X's mark thousands of spots

A voter leaves an HRM polling station at Oxford School on Saturday afternoon. About 16,000 people cast paper ballots at polling stations around the municipality during the Nova Scotia civic elections. JEFF HARPER/METRO

Election 2012. Many familiar faces back at mayor desks

Bill Mills is thrilled that he's not going anywhere any time soon.

Mills, 55, was re-elected as mayor of the Town of Truro on Saturday after a close race with opponent Keltie Jones. He received 2,228 votes to Jones's 1,934. Mills said he was "happy" with the win and thought his previous time in the mayor's seat helped get him back into office.

Elsewhere around the region, Billy Joe MacLean continued his remarkable run as mayor of Port Hawkesbury, winning Saturday's election despite a race that went down to the final poll.

"It was much closer than I anticipated," he said. "I'd be less than honest if I didn't say that. But you know what they say — a win is a win is a win."

MacLean defeated longtime councillor Hughie MacDougall by a vote of 944 to 809.

In New Glasgow, Barrie MacMillan will keep his post as mayor after winning by 1,178 votes.

TRANSCONTINENTAL MEDIA

Mayoralty win a referendum on CBRM's future, Clarke says

Making his way to the podium through a sea of ecstatic volunteers, Cecil Clarke, a broad smile on his face, spoke clearly into the mic on Saturday night, saying his election win was a referendum on the future of the municipality.

The mayor-elect made it clear his vision for the Cape Breton Regional Municipality was driven by a desire for co-operation with the senior levels of government to spur economic growth.

"Some people said there was going to be a revolution. I think we've had a referendum on the future of this municipality," Clarke said, referring to the campaign slogan of his main opponent, Rankin MacSween, which urged the public to join the "Rankin Revolution."

Joined on stage by Cape Breton South Liberal MLA Manning MacDonald, who was the mayor of Sydney before entering provincial politics, the veteran politician said Clarke ran a clean, controversy-free campaign.

"I think everyone here would agree that Cecil ran an exemplary campaign, stuck with the issues and told the people of this municipality what I think they wanted to hear," MacDonald



Former Tory cabinet minister Cecil Clarke speaks to supporters in Sydney on Saturday night. STEVE WADDEN/CAPE BRETON POST

said before a crowd of more than 100 Clarke supporters in the cramped Sydney headquarters.

In a race without any official polling, it became difficult at times to discern who was leading. Some people looked at the amount of money spent on advertising in print and on radio, while others took note of the larger billboard election signs as a way to measure the candidates' popularity.

After the polls closed, MacSween's camp stayed cloistered at the Days Inn on Kings Road for most of the evening. Before leaving the hotel to congratulate Clarke in person, he said there was

By the numbers

59%

Cecil Clarke took 59 per cent of the Cape Breton electorate with 27,732 votes, compared to 38 per cent — 17,847 votes — won by Rankin MacSween.

always the sense from campaign workers that it was a close race with the Clarke campaign.

"But at the end of the day, this is what democracy is about. This is the way it works, and the people are always right, so it's to be respected," MacSween said.

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Irving sets January deadline for Arctic patrol ship work

Contracts. Offshore vessels are the first expected to be built under the national shipbuilding procurement project

The president of Irving Shipbuilding Inc. is applying pressure on Ottawa to sign a contract on design work for eight new Arctic patrol ships.

Steve Durrell says unless the contract is signed and engineering work begins by January, the company's Halifax Shipyard will have a tough time meeting its goal of cutting the first steel for the project in 2015.

"We'll be looking at this day by day," he said Friday. "If it gets delayed a month, it will delay the program a month."

Durrell set the deadline during a briefing that marked one year since the federal government awarded the shipyard a \$25-billion contract to build 21 combat vessels over 30 years.

"We are definitely not waiting to get started," he said.

The company is still negotiating two contracts with Ot-

Quoted



"We are doing everything we can to advance the timetables and begin building vessels for Canada as quickly as possible."

Steve Durrell, president of Irving Shipbuilding Inc.

tawa — one for design work and the other for the actual construction of the patrol ships.

Durrell repeated his company's promise to have the first patrol vessel built by 2018, which is already three years behind the original schedule.

The ships, first announced in 2007, were projected to cost \$3.1 billion to build and \$4.3 billion to maintain over their expected 25-year life cycle. Durrell declined to say whether he thinks the costs would rise in the years to come.

The business executive, speaking to reporters at the



A worker stands near CCGS Constable Carriere, a Hero-class patrol vessel, at the Irving shipyard in Halifax on Friday. Irving Shipbuilding Inc. is currently negotiating two contracts with Ottawa for the design work and the construction of new Arctic patrol ships. ANDREW VAUGHAN/THE CANADIAN PRESS

sprawling shipyard on the Halifax waterfront, also made a pitch to Ottawa concerning the maintenance contract, which has yet to be awarded.

"We feel that the most economical way for Canada is to

couple the in-service support (maintenance) requirements with the basic engineering work that we're about to do," he said.

Earlier this week, documents obtained by The Can-

adian Press revealed the patrol ships will cost more to maintain because National Defence won't be signing a long-term service contract until the ships are well into construction.

THE CANADIAN PRESS

New agreement

Training, career advice to be offered to future shipbuilders

Premier Darrell Dexter says Irving Shipbuilding plans to contribute \$250,000 annually for 30 years to support recruitment and training efforts for students interested in shipbuilding.

The company has signed a memorandum of understanding with the Nova Scotia Community College that focuses on providing educational opportunities and career advice.

The agreement says they will strive to ensure that minority groups, including First Nations, African Nova Scotians, women and people with disabilities, are able to take advantage of career opportunities.

Irving Shipbuilding says it expects to hire some 1,500 workers over the next eight to 10 years.

THE CANADIAN PRESS

Seafood industry adapting to rising water temps



Lobster boats head from the harbour in West Dover last year. The Maritime seafood industry is adjusting to accommodate warmer water temperatures. THE CANADIAN PRESS

Members of the Maritime seafood sector say they're looking at making adjustments in the lobster industry as the Atlantic Ocean continues to heat up.

Fishermen and seafood processors say that in recent years, warmer water temperatures have caused lobsters to start shedding their hard shells earlier — a process known as molting — revealing a more vulnerable soft-shell lobster that's susceptible to disease.

"Things are changing, and we may not be able to totally control it, but we're going to

have to react to it and start planning for it as we go forward," said Osborne Burke, general manager of Victoria Co-operative Fisheries Ltd. in Neil's Harbour.

"Changes are going to have to come in our industry from various sectors. Right from the fishermen, to the buyers, to processors and how we handle the product."

Burke said some fishermen and harvesters in Nova Scotia are looking at putting in a request to the Department of Fisheries and Oceans to have

A worrying trend

Boris Worm, a professor of biology at Dalhousie University in Halifax, said global warming trends suggest Maritime water temperatures will continue to increase, but it varies from

region to region.

- "It's most likely that this will continue to be a problem and a more important problem in the future," said Worm.

next year's lobster season adjusted slightly to avoid the warm summer months.

The Lobster Council of Canada said it's a concern that's

echoed across the Maritime provinces and an option also being considered in New Brunswick and Prince Edward Island.

THE CANADIAN PRESS

Car struck tree

Two dead after crash on rural road

RCMP in New Minas say two men are dead after a car left Ridge Road near a sharp turn and hit a tree just before 1 a.m. Sunday.

Police says the deceased are a 43-year-old man from Chezzetcook and a 46-year-old man from Musquodoboit Harbour.

THE CANADIAN PRESS

Truck driver ticketed

Man in wheelchair struck in crosswalk

A 68-year-old man in a wheelchair was taken to hospital with serious injuries after being struck in a crosswalk on South Street in Halifax on Sunday afternoon.

Halifax Regional Police say the accident happened at 2:15 p.m. as a truck was turning left onto South from South Park Street and

struck the victim, who was making his way along the crosswalk.

"He struck him and he was knocked to the ground," said Sgt. Greg Robertson.

The victim's injuries weren't life-threatening, he added.

The driver of the truck, a 43-year-old man, was issued a summary offence ticket for failing to yield to a pedestrian in a marked crosswalk.

PHILIP CROUCHER/METRO

Victim not injured

Suspect sought in groping incident at bus stop

Police are looking for man who allegedly groped a woman as she waited at a Dartmouth bus stop over the weekend.

At about 1:30 p.m. Saturday, the 21-year-old female victim was waiting in a bus shelter near 184 Portland St. when a man came

towards her and started talking sexually to her.

Police say while refusing the advance, the victim was groped by the man in a sexual manner.

The victim reported the incident several hours later to police, but officers were unable to locate the suspect despite a search of the area.

The victim wasn't injured.

The suspect is described as a man in his late 30s, who was unshaven with grey whiskers. METRO

Light the Night

Raising leukemia awareness

More than 2,000 walkers took to the streets of Halifax on Saturday night for the Leukemia and Lymphoma Society's second annual Light The Night Walk.

The event that began at the South Common and saw participants walk for three kilometres raised more than \$270,000. METRO



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Fatal spa shooting may be related to domestic dispute

Suspect had a restraining order against him. Police chief says 45-year-old suspect in deadly rampage died of self-inflicted wound

Authorities say a man accused of killing three and wounding four at a Wisconsin day spa had slashed his wife's tires two weeks before Sunday's shooting.

Police Chief Dan Tushaus said at a news conference Sunday night that the man's wife was an employee at the spa. It is not clear if she was among the victims.

The suspect, Radcliffe Franklin Houghton, was



Radcliffe Franklin Houghton, 45, of Brown Deer, Wis. BROOKFIELD POLICE DEPT./THE ASSOCIATED PRESS

found dead inside the spa of a self-inflicted gunshot wound. Authorities said he had a four-year restraining order against him.

Officials described finding smoke inside the spa when they responded to reports of the shooting around 11 a.m.

They initially believed an improvised explosive device was inside the building, but later said that was not the case.

The shooting happened at the Azana Day Spa, a two-storey building across from a major shopping mall in Brookfield, a middle- to upper-class community west of Milwaukee.

Haughton's father, Radcliffe Houghton, Sr., spoke to a television station and The Associated Press shortly before police announced his son's death.

In telephone interviews from Florida, he said he had last spoken to his son a few days ago, but didn't have any indication anything was wrong. He begged his son to turn himself in. After learning of his son's death, he said, "This is very sad."

THE ASSOCIATED PRESS



North America's newest aboriginal saint

Nuns hold images of Canada's Kateri Tekakwitha, North America's newest aboriginal saint, as they wait for the start of a canonization ceremony celebrated by Pope Benedict XVI, in St. Peter's Square, at the Vatican on Sunday. The pontiff canonized seven people: Tekakwitha, Maria del Carmen, Pedro Calungsod, Jacques Berthieu, Giovanni Battista Piamarta, Mother Marianne Cope and Anna Shaeffer. ANDREW MEDICHINI/THE ASSOCIATED PRESS

New bills will alter environment, native policy



Minister of Foreign Affairs John Baird ADRIAN WYLD/THE CANADIAN PRESS

Government calls it making way for business. Outraged foes call it the slicing and dicing of environmental protection and any remaining trust with aboriginal peoples.

Over several months of omnibus bills, amendments, regulations and tinkering with longstanding conventions, Ottawa has undertaken a series of adjustments that add up to undeniably profound changes in both environmental and aboriginal policy.

Bill C-45, the 457-page budget omnibus bill tabled this week in the House of Commons, is the latest instal-

ment in what may seem like evolutionary changes. They may turn out to be revolutionary changes.

"It is all about jobs, investment and opportunity. It is all about creating economic growth so Canadians can get back into the workforce and be able to provide for themselves and their families," Foreign Affairs Minister John Baird told the House on Friday under a barrage of aggressive questions about C-45.

Canadian business leaders are saying little but they are quietly content with these changes, officials with several major business groups told

The Canadian Press.

Aboriginal groups and environmentalists, however, say they are deeply disturbed — both with the new directions and the stealthy way those directions were undertaken.

"When our people see no movement from the government to work with us, when they see backsliding, undermining and continuing threats and pressures on an already burdened population, the flames only grow stronger," Shawn Atleo, national chief of the Assembly of First Nations said last week.

THE CANADIAN PRESS

Changes to omnibus bill

There will be dramatically fewer environmental assessments, focused only on major projects.

- Pipelines will be exempt from the navigable waters act and the environmental assessments that law has often triggered.
- Three oceans, 97 lakes and 62 rivers will be covered by the new act — less than one per cent of Canada's waterways.

Campaign finance

Call for tougher penalties for overspending

Penalties and enforcement should be toughened up to deter illegal overspending by candidates in federal elections, say Democracy Watch and other political observers.

Intergovernmental Affairs Minister Peter Penashue has blamed rookie mistakes and says he's working with Elections Canada after spending thousands of dollars more than the legal limit in the 2011 campaign.

An Elections Canada

review showed Penashue spent \$4,000 over his limit of just under \$84,500 before CBC News cited documents alleging he also took thousands of dollars in free flights around his far-flung Labrador riding.

Opposition MPs and Todd Russell, the former Liberal MP who lost to Penashue by just 79 votes, have demanded he resign for a byelection.

But Prime Minister Stephen Harper has deflected such pressure. He told the House of Commons last week that mistakes made were the fault of Penashue's former official agent and campaign manager, Reg Bowers.

THE CANADIAN PRESS

Legal notice

PBO filing court action over failure to disclose cuts

Canada's parliamentary budget officer says he'll file court action this week over the refusal of some federal departments to hand over details on billions of dollars in planned cuts by the Harper government.

In a statement issued Sunday, Kevin Page says his office "will be filing and serving legal notice on all non-compliant" deputy ministers.

He wouldn't provide any further details, saying, "This matter will

constitute the subject of a legal action" and that it would be inappropriate to comment further.

Page has said the government has not been open and clear enough about what it intends to cut, and has threatened court action for weeks.

As of the middle of last week, only 23 per cent of federal departments and agencies had handed over the requested financial information, and another 52 per cent had said they were going to comply by last Friday.

Finance Minister Jim Flaherty said Page was overstepping his authority on CTV's Question Period Sunday. THE CANADIAN PRESS

Laws

Criminal Code does not need overhaul: Study

A new study of Canada's sprawling Criminal Code found only a handful of irrelevant offences still on the books.

The Justice Canada project was intended to determine whether the code has so many obscure, obsolete offences that it needs a major overhaul.

But the study found only five Criminal Code sections with zero charges prosecuted in the decade ending 2006, drawing on court databases.

"With only five offence sections under which no charges have been processed over the 10-year period, the contention that the Criminal Code contains many unused sections is questionable," the authors argue.

"Furthermore, even though there were no charges processed under these sections, this does not imply that people did not commit these offences during the study period."

The encyclopedic Criminal Code, drawing together all of Canada's criminal statutes, was created in 1892, then wholly revised and redrafted twice, in 1954 and 1985.

THE CANADIAN PRESS

Protests in Lebanon turn violent over assassination



Lebanese protesters clash with security forces on Sunday after the funeral of Brig. Gen. Wissam al-Hassan, killed Oct. 19 in Beirut. HUSSEIN MALLA/THE ASSOCIATED PRESS

Civil unrest. Protesters blame Syria for death of intelligence official

Lebanese security forces unleashed a barrage of gunfire and tear gas in central Beirut on Sunday to disperse hundreds of protesters trying to storm the government headquarters after the funeral of a top Lebanese intelligence official who was killed by a car bomb.

The protesters blamed the assassination on the government of neighbouring Syria and consider Lebanon's current government to be too close to that embattled regime.

Many also chanted against Hezbollah, the Lebanese militant group that dominates the government and serves as the Damascus regime's closest Lebanese ally.

As the battle raged, with protesters and security personnel pelting each other with hunks of concrete, metal bars and tear-gas canisters, former prime minister Fuad Saniora appealed for calm.

"The use of violence is unacceptable and does not represent the image that we want," Saniora said in a televised address.

Even before Friday's bombing, the civil war in Syria had set off violence in Lebanon and deepened tensions between supporters and opponents of President Bashar

Assad's regime. The assassination has laid bare how vulnerable Lebanon is to renewed strife, threatening to shatter a fragile political balance struck after decades of civil unrest — much of it linked to Syria.

Sunday's clashes erupted after the funeral for Brig. Gen. Wissam al-Hassan, who was killed along with his bodyguard by a Beirut car bomb on Friday. Al-Hassan, 47, was a powerful opponent of Syria in Lebanon.

Security officials have said six others were killed in the bombing, and scores were wounded. But Lebanon's National News Agency said on Sunday that the final death toll was three: al-Hassan, his guard and a civilian woman.

THE ASSOCIATED PRESS

Precedent

Al-Hassan was buried in Martyrs Square near former prime minister Rafik Hariri, another anti-Syrian politician who was assassinated by a truck bomb in 2005.

- Massive street protests forced Damascus to withdraw its tens of thousands of troops from the country and end nearly 30 years of domination.

- The scene at Sunday's funeral was reminiscent of those huge, anti-Syria gatherings. But the crowd was far smaller than after Hariri's death.

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Halloween no longer a PR nightmare for cats

Black, orange and calico felines. Until recently there were concerns they could be abused if adopted over Halloween

Bans on the adoption of black cats at Halloween were commonplace until a few years ago as many worried the animals

would be harmed by pranksters or animal abusers.

But animal-welfare activists say the dark-coated felines are proving they aren't as much of a target this time of year as previously thought. Now, at least two major animal-welfare groups are deliberately promoting the adoption of black cats in October, saying the furry felines could use the marketing boost.

"Realistically, we've consulted with our investigations department and they don't

Urban myth

"All this urban myth was doing was preventing us from getting black cats into homes.... It wasn't actually doing anything to deter people who are trying to get cats for bad purposes."

Melanie Coulter, executive director of Windsor/Essex County Humane Society

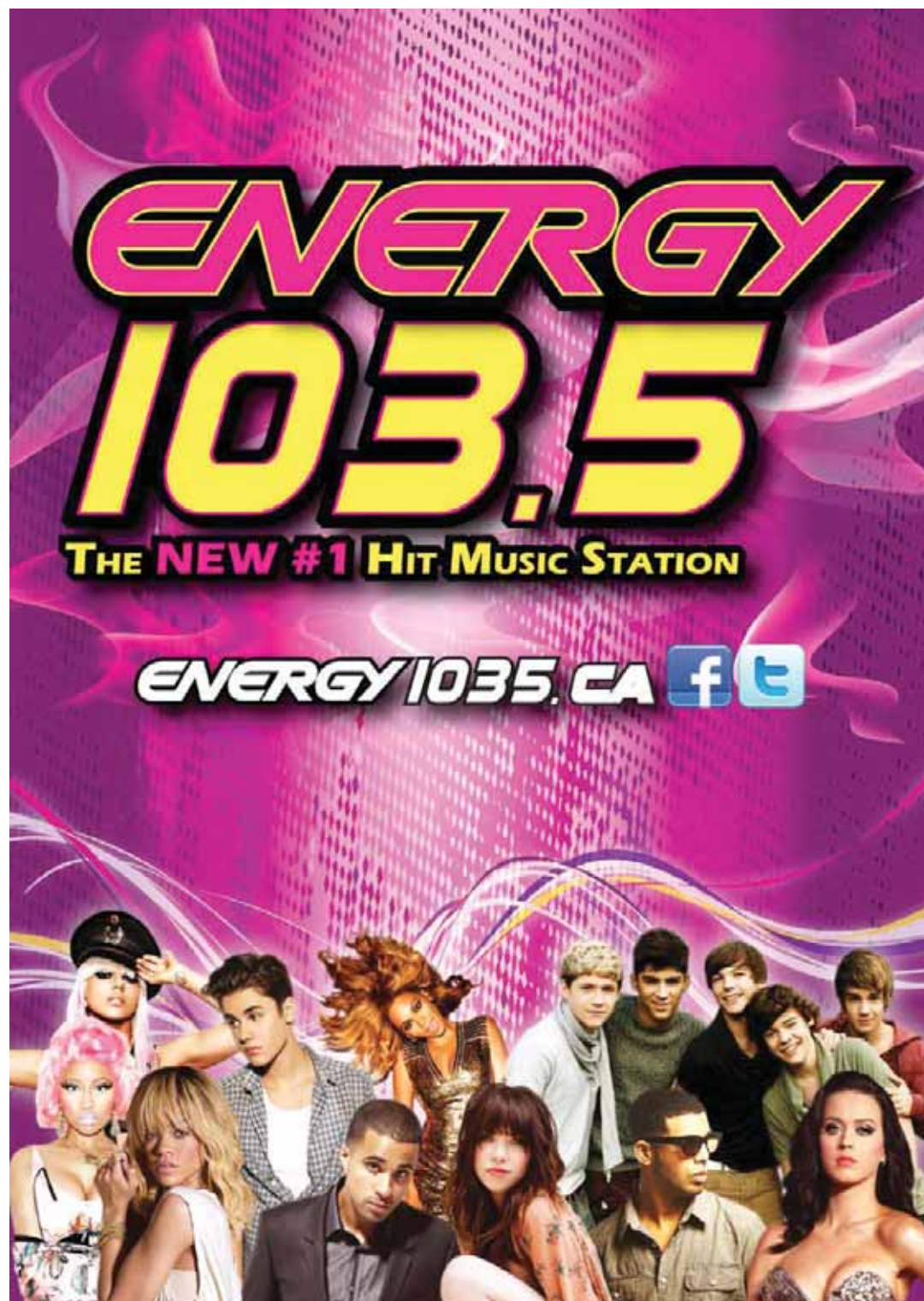
see an increase of cat-cruelty cases," said Alison Cross, senior communications manager at the Ontario SPCA.

The group is offering a \$5

discount on black, orange and calico cats in the days leading up to Halloween, and dismisses concerns about the animals being at risk. **THE CANADIAN PRESS**



Bans on the adoption of black cats at Halloween were commonplace until a few years ago. SETH CASTEEL/THE CANADIAN PRESS FILE



It wasn't alcohol: Cops

Relative shoots girl, 9, thought she was a skunk

Police say a costumed nine-year-old girl was accidentally shot outside a western Pennsylvania home during a Halloween party by a relative who thought she was a skunk.

New Sewickley Township police say the girl was over a hillside and wearing a black costume and a black hat with a white tassel. Chief Ronald Leindecker says a male relative mistook her for a skunk and fired a shotgun, hitting her in the shoulder Saturday night.

Leindecker tells the Beaver County Times that the girl was alert and talking when she was flown to a hospital in Pittsburgh, about 50 kilometres away.

THE ASSOCIATED PRESS

Lawsuit in Chicago

Son pronounced dead but it wasn't true

The parents of an eight-year-old boy who has had severe brain damage for years have sued a Chicago hospital, alleging that doctors pronounced their son dead, keeping him off his ventilator for hours, even though relatives continued to insist that the boy's eyes and body were still moving.

The lawsuit filed this week by Sheena Lane and Pink Dorsey on behalf of their son, Jaylen Dorsey, accuses Mercy Hospital and Medical Center of negligence in the February incident and alleges that five hours passed before staff performed a cardiac ultrasound, which showed his heart was beating. **THE ASSOCIATED PRESS**



Underwater pumpkin carving

Cat Rambo carves her interpretation of Republican presidential candidate Mitt Romney at the Underwater Pumpkin Carving Contest Sunday, in the Florida Keys National Marine Sanctuary off Key Largo. Organized by the Amoray Dive Resort, the event attracted 42 divers who participated or watched. **BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS**



Developing apps at an Internet café in Kumasi, Ghana. ELISABETH BRAW/METRO

Capitalizing on Africa's growth

Africa 2.0. A network of emerging leaders wants to rebrand the continent, encourage entrepreneurship and profit from stability



ELISABETH BRAW
Metro World News in London

In Addis Ababa, donkeys and goats graze by a street, with a Facebook and Internet café for a backdrop. There are shacks, open pits, garbage pickers — and young entrepreneurs toting iPads.

But Ethiopia is not the only African country with rapid growth. Last year, Ghana was the world's fastest-growing economy, according to the Africa Progress Report. Among the others in the world's top 10: Congo, Mozambique, Nigeria, Zimbabwe and the Democratic Republic of Congo. Welcome to Africa 2.0.

"Africa has one billion people, and will have two billion by 2040," notes Mamadou Toure, a young former JP Morgan banker who now works for the International Finance Corporation.

"It's a very young population. That's a huge potential workforce. And, thanks to democratization and stability, many Africans are returning from the diaspora. These young Africans are better educated, too. And all of this attracts investors as well."

Toure, who was born in Senegal and grew up in France, is one of the founders

Africa outpaces the world



Of the world's 10 fastest-growing economies, eight are African:

- 1 Ghana: Strengths are agriculture (predominantly cocoa), oil, tourism
- 2 China
- 3 Republic of Congo: Strengths are oil, minerals,

- engineering
- 4 Ethiopia: Strengths are agriculture (predominantly coffee), textiles, manufacturing
- 5 India
- 6 Mozambique: Strength is aluminum
- 7 Nigeria: Strengths are telecommunications, construction, retail, manufacturing
- 8 Rwanda: Strengths are agriculture (predominantly tea and coffee), tourism, minerals
- 9 Democratic Republic of Congo: Strengths are agriculture, minerals, construction
- 10 Zimbabwe: Strength is mining

of Africa 2.0, a network of emerging African leaders in politics, business and civil society.

Stability has led to impressive growth in former war zones like Rwanda, whose economy grew by nearly seven per cent last year, powered by tourism and exports of tea and coffee.

"Rwanda, Uganda and Ghana are good cases in point," says Lina Mohohlo, Governor of the Central Bank of Botswana and a board member of the Africa Progress Panel, a group of international leaders monitoring African development.

"Their economic growth is underpinned by policy reforms, the gains from diversifying the economies, growing exports related to growing international de-

mand and rising commodity prices. There's no reason why the continent shouldn't sustain this positive development."

In Accra, the capital of Ghana, Vodafone is building shiny new headquarters. Indeed, a whole new Airport City is rising around the ramshackle airport.

Toure knows Africa's remaining challenges well. "Several years ago, young Africans were starting to move back, but Africa was still the Dark Continent, with frequent coups."

"Now that's changing. Young Africans want to rebrand Africa, introduce best practices, establish a vision for our continent. And we have to make sure our growth is shared. That's why entrepreneurship is so important."



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SAVAGE NOW FACES THE REAL TEST



**URBAN
COMPASS**
Stephen Kimber
halifax@metronews.ca

The race for HRM mayor really began on Feb. 6, when former Liberal MP Mike Savage — surrounded by a fawning, hopeful who's-who of 300 of the city's most influential business and political makers and breakers — declared that he would challenge long-past-his-best-before-date incumbent Peter Kelly.

The campaign effectively ended two and a half weeks later when Kelly — already mired in myriad self-made political scandals and suddenly facing personal allegations about his handling of a friend's estate — reluctantly announced that he would not reoffer.

For Savage, the challenge for the next seven months became

how to say nothing and to say it pleasingly blandly: nothing to raise questions among voters, nothing to provide an opening for his opponents to attack, nothing to force him to act one way or another once this past weekend's pro forma ballot-counting exercise was history.

It was a classic front-runner's campaign. And Savage executed it perfectly.

Now the hard part begins.

Savage's first — and most crucial — task will be to convince 16 independently elected, beholden-to-no-single-agenda, motley mix of urban and rural councillors to work together for the common good. Given that 13 of the 16 are

holdovers from the last fractious, sorry lot, it will not be easy.

The good news is that getting along has been Mike Savage's strong suit. Unlike his late father John — the progressive and principled but sometimes bull-headed former mayor and premier — Mike Savage is personable and easygoing, a man more naturally inclined to traditional brokerage politics than to the ideological, confrontational style currently in vogue in North America.

One can imagine (hope) Savage will even find ways to harness the expertise and enthusiasm of his main mayoralty rivals, Tom Martin and Fred Connors, in his new administration. We — and he — would be well served.

But Savage's litmus test will come when he is finally forced to show himself on specific issues: on United Gulf's proposal for a views-busting 48-storey twin-tower downtown highrise, on the court battle over the former St. Patrick's-Alexandra school property ...

While it is good Savage did not inherit his father's single-minded rightness about all things, we can only hope John Savage's progressive and principled genes made it through to this generation. We shall see.

Not-so-smart cookie

That sweet tooth could rot your brain, study says

Bad news, sugar lovers: A diet high in fructose won't just make you fat, it may also make you stupid, according to research out of California.

A steady high-fructose diet disrupts the brain's cognitive abilities, leading to poor learning and memory retention, says a study by Fernando Gomez-Pinilla, a neurosurgery professor

at the David Geffen School of Medicine at UCLA, and Rahul Agrawal, a visiting UCLA postdoctoral fellow from India.

"This type of diet ... (affects) the transmission of information across cells.... Learning and memory and practically any type of brain function depends very much on how transmission is transported across cells," Gomez-Pinilla said.

Research has already proven a high-fructose diet leads to a slew of health concerns, including obesity, diabetes and fatty liver.

TORSTAR NEWS SERVICE

Rage against the machine



KEITH CROWLEY/SOLENT

Like father, not like son

Unlike his late father John — the progressive and principled but sometimes bull-headed former mayor and premier — Mike Savage is personable and easygoing, a man more naturally inclined to traditional brokerage politics than to the ideological, confrontational style currently in vogue in North America.

'Wild' life

Angry elk vents fury on family car

This rampaging elk started attacking passing cars after having a fight during mating season.

The fuming animal, which had been clashing with other male elk, lashed out at tourists who had stopped to watch the beasts at Yellowstone National Park in Wyoming.

It is rutting season and male elk (bulls) are trying to attract the attention of female elk (cows) to breed with.

"In the process of trying to win over a harem, the elk battle each other," the photographer, Keith Crowley, explained. **METRO**

Photographer's viewpoint



"In their heightened state, they will also attack anything they see as a threat to 'their' cows, including pedestrians and vehicles."

Wildlife photographer Keith Crowley, 51, from Wisconsin

Crowley said drivers couldn't resist slowing down to take a look at the gathering of around 60 elk one evening

Elk

- **Population in Yellowstone.** The elk is the most abundant large mammal found in Yellowstone: more than 30,000 during the summer and roughly 15,000 to 22,000 in the winter. Elk have frequented Yellowstone for more than 900 years.

- **Rut is a riot.** During the breeding season (September to mid-October), bulls coat themselves in mud to "perfume" themselves to attract mates. Bulls spar each other with antlers and cry out a series of low-pitched bellows (known as bugling) to establish their dominance over a certain region.

By the numbers

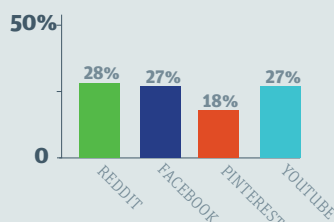
47

The number of vehicles that were damaged by one bull, Crowley counted. The nature photographer said visitors are unaware that, by slowing down their cars to catch a glimpse of an elk, they can cause an attack. "Despite an abundance of signs warning of the danger and park rangers shouting instructions to keep moving, most drivers simply slowed down," he said. "They appeared unaware that the bulls might actually attack their vehicles."



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What's the best time-waster website?



Twitter

@tbpHFX:

How long do you lazy sacks need to cast a ballot? It took me two minutes, why couldn't most of you get it done inside two weeks? #HRMvotes

@Kristie5smith:

16 seats of council with 13 reelected councillors and I only recognize 6 names in total. Is that bad or good? #HRMvotes

@Gregor_Ash:

Big shout out to all those who

stepped up to run in this years Municipal elections regardless of results. #nsoli #hrmvotes

@derrekbgm:

Congrats @mikesavagehrm for your 2nd place victory. There was just no way you could beat "Not Peter Kelly" for 1st though. #hrmvotes

@tuxedostan:

I'm getting tired of waiting for election results. I'm going to take a nap. #HRMvotes #Halifax



RuPaul, host of RuPaul's All Stars Drag Race, won't admit to any favourites on the show. GETTY IMAGES

RuPaul gets revved up for an all-star Drag Race

Go big or go home.

Queen of reality TV brings former contestants back to avenge their losses and vie for top prize



NED
EHRBAR
Metro World News in Hollywood

After four seasons of fierce competition — with a fiercely loyal cult following — drag superstar RuPaul is giving 12 former contestants another shot at glory with RuPaul's All Stars Drag Race. But don't expect the outspoken host and judge to admit to any favourites.

So what's new on the show this season?

Well, obviously we have the all-stars, who are basically the Avengers of drag. These are the biggest and the best. They are avenging the fact that these are the girls who did not win the top prize, so they've got something to prove. Even the weakest competitor has an incredible story to tell, because these are kids who come from backgrounds where they've been ostracized and shut out, and they've persevered. We all live in a patriarchal, masculine culture, and doing this kind of work, to go against the grain like this, is nothing short of heroic.

Do you have any favourites among the all-stars?

I'm the mommy. I cannot play favourites. Of course I have favourites, but I can't tell anybody (laughs). I have the best job in the world. I've always loved queens. I've always loved people who dance to the beat of a different drummer, and I've found myself in the best job in the world... I love creativity. I love to take something apart and rebuild it and see what makes it work. And when we're producing this show, before the cameras roll, we're putting together an ensemble of creative people to be our competitors, but we're also putting together these challenges that are really kind of life challenges in disguise —

wrapped up in pretty, funny packages. So I love being creative, and that's what this job allows me to do. And also I get to usher these incredible entertainers into the big time, because our show is seen in 25 different countries around the world, so they become world-famous. Even the girl who's eliminated first becomes world-famous.

What do you think Canadian audiences are going to get out of it?

Well, they're going to get a whole lot of American attitude from queens who basically really are the tastemakers and phrase-makers of the world. When I was growing up, gay people were the arbiters of

For more info...

- **Watch it.** RuPaul's All-Stars Drag Race series will air exclusively on OUTtv on Mondays, premiering Oct. 22 at 9 p.m. ET/PT. Followed by the behind-the-scene series Untucked: All-Stars.

style, of lingo, and that's still true today, but not as much as it used to be, with all the blogs and everything. There's a lot of clever people out there. But our show gives you a whole vernacular, a whole attitude and actually a whole take on life that is courageous and adventurous.

2 SCENE



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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lindsay Lohan calls police on her dad

Lindsay Lohan apparently can't win with either of her parents.

The actress, whose recent argument with her mom led to police intervention, reportedly called the police on dad Michael Lohan, who had turned up at her Beverly Hills home with a group of friends to stage an intervention, ac-

cording to TMZ.

Michael told the website that his daughter is in need of treatment and has been surrounding herself with "a bunch of alcoholics and drug addicts."

Police arrived in response to a complaint that Michael and his posse were trespassing, and they soon dispersed.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Timberlake and Biel by the numbers



THE WORD
Dorothy Robinson
scene@metronews.ca

Justin Timberlake married his first wife, actress Jessica Biel, on Friday night in southern Italy.

Although the wedding was on lockdown harder than Britney Spears' virginity circa 1998, some details have leaked out. Here's a quick look at what it took

for Biel to become Justified.

150: Number of guests, including Andy Samberg, Jimmy Fallon, 'N Sync singer Chris Kirkpatrick, actress Beverly Mitchell and Timbaland.

2: Number of times the couple has split in their five-year courtship.

5: Number of stars of the Borgo Egnazia, the luxury resort they took over for the festivities. The complex is located in Ostuni, Puglia, in the heel of Italy.

6.4: Cost, in millions, of Friday night's nuptials, according to Radar Online. This figure covered private jets, white flowers throughout the hotel complex, a fireworks show and the resort costs.



Katy Perry

Katy Perry playing hard to get with John Mayer

There's some new insight into why Katy Perry keeps sticking with on-again, off-again beau John Mayer, according to Us Weekly.

Apparently the pop star "believes she can change him," sources say.

"She doesn't want to be just another one of his conquests."

Her latest strategy — which may explain all the breaking up and making up rumours — is reportedly to play hard-to-get.

"She recently told John she was open to see other people," the source says.

"Once Katy turned her back on him, he started chasing her again."

Twitter



@lindsaylohan

I don't have a boyfriend. I have Chanel, Hermes and diamonds.



@SamuelLJackson

Let's all just Vote & see what happens! Who needs Bus Fare?!



@IAMJHUD

Just spent \$14 on a bag of candy. Come along way from the old corner store.



@SethMacFarlane

Halloween is a great time of year to see some spooooooooky prostitutes.

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Parenting

Packing made perfect



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Family travel can be a lot of work, particularly if parents are responsible with not only packing for themselves, but for their kids as well.

Inevitably, when you reach your destination, at least one of the kids will pull a T-shirt out of their suitcase and say, "I'm not wearing this."

Teaching your kids to pack for themselves not only takes the stress off mom and dad, but it trains them to be responsible for their own belongings, which is invaluable as they grow up and head off to summer camp, sleepovers and eventually post-secondary education.

Even young kids who can't read can do their own packing. Give them a list using pictures of what they need to pack, and if you want a specific T-shirt or pair of pants, make them the right colour. When they're older, help them create their list or at least describe what types of clothes you think they'll need for the different activities they'll be doing.

They'll learn how to avoid not packing enough and over-packing. If they forget something, it'll be a great lesson to take more care the next time. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH**

So, they're still not eating their lunches?

Kitchen lessons. Food Network chef Dale MacKay shares his tips on getting your kids to eat — and love — what you pack for them

DAN CLAPSON
life@metronews.ca

It's almost the end of October and they're still brining home uneaten sandwiches?

Vancouver-based chef and Top Chef Canada Season One winner, Dale MacKay, offers his tips on getting kids of all ages inspired in the home kitchen and what you should be popping into your kids' lunch boxes.

When you were young, what was your favourite thing to have for lunch?

A good peanut butter and jelly sandwich, some fruit and some yogurt!

Now, as an adult, what's the most important thing to remember when assembling a lunch for your son, Aydan?

Try to hit all the food groups. Pack some raw vegetables, fruit. If you're going to go (with) a snack, then choose good quality granola bars that don't have a lot of sugar.

Does your son help make lunch/spend time in the kitchen with you?

He's starting to a lot more



Chef Dale MacKay and his son Aydan. SUBMITTED

now. We cook dinners at home a lot ... I try to involve him way more often. Whether Aydan's cutting vegetables, pan frying or whatever it is, he's getting a lot more at ease.

What's a great fundamental cooking process or meal to start with when getting kids involved in the kitchens?

Chopping (ingredients) with you. Whatever you're cutting,

whether it's celery or carrots, you can snack on it while you're cutting and explain why we're doing something a certain way, why you're using something ... why the process is the way it is.

Any tips on how to get a kid to eat a fruit/vegetable they don't like?

That's hard. Some kids certainly don't love fruits and vegetables ... but, take apples (for example) and go through different varieties of them. If you give a child a Granny Smith apple, he may never want to eat one again because they're so tart. If you get a Pink Lady apple, it's sweeter. That's what I did with Aydan and now he loves them so much.

As a parent, what's one junk food/fast food item you hate to see kids eating?

Too much candy! I rarely ever purchase anything that's straight sugar. I don't ever really give Aydan pop, so he doesn't crave it because he hardly ever gets it.

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- **Couch potato.** Mommy hasn't watched this much TV since the height of her Full House addiction circa 1993. Follow along with the comedic (mis) adventures of mommyhood online at metronews.ca/voices

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PB & J sandwich makeover

Most kids — and many adults who want to remember being kids — love peanut butter and jelly sandwiches. Problem is, this childhood staple is high in fat and sugar. So it's time for a remake of that beloved sandwich.

The first fix is the bread. Skip the fluffy white bread and go straight to a multigrain or whole wheat.

The second fix is the jelly. Even the healthiest varieties are jammed with sugar. So start with a base of all-fruit spread, but add a healthy dose of real fresh berries. This gives the sandwich just the right touch of sweetness.

The final trouble spot in the typical PB&J is the peanut butter. Opting for a natural, unsweetened peanut butter gets

Updated Peanut Butter and Jelly Sandwich



This recipe serves one. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp instant oatmeal
- 3 tbsp non-fat milk
- Pinch salt
- 1 tbsp natural unsalted peanut butter
- 1/4 cup chopped fresh berries
- 2 tsp all-fruit spread
- 2 slices multigrain or whole-wheat bread

you on the right track. But even regular peanut butter is loaded with fat. So you want to use it sparingly. But that doesn't taste nearly as good as really loading it on.

The solution? Mix together peanut butter and cooked instant oatmeal. Crazy? Maybe a little. But oatmeal has a nutty, pasty quality to it already. Mixed with peanut butter, it

makes a delicious sandwich filling. Of course, be sure not to buy sweetened instant oatmeal. And this recipe works just as well with any of the peanut butter alternatives.

1. In a small microwave-safe bowl, combine the oatmeal, milk and salt. Microwave on high for 1 minute, or until boiling. Allow to cool for 5 minutes,

then stir in the peanut butter.

2. In another small bowl, stir together the berries and fruit spread.

3. Spread the peanut butter-oat mixture on one slice of bread and the fruit mixture over it. Top with the second slice of bread.

THE ASSOCIATED PRESS

The In-Credibility Factor

Name: Darren Smith
City: Baysville, Ont.
Age: 25
Occupation: Owner and president of Lake of Bays Brewing Company



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

In his third year of university, Darren started recipe development for his own brand of beer in a pot on top of his stove. After putting together the necessary financing, Smith opened his brewery

in May of 2010 with a staff of four. After two successful years, he now employs 25 people and sales of Lake of Bays Beer have quadrupled.

I knew I was on my way when... we started getting the first round of merchandise with our Lake of Bays logo on them. The night we opened, we went into the local pub in Baysville. Everyone was drinking Lake of Bays beer out of our glassware. It was cool seeing it served to people. We've gone from pale ale to four beers and our aim is to become one of the major players in the beer business,

taking our brand across Ontario and eventually across the country.

Action Plan

• Talk to people: Find people who are in the same business as you and really listen to them. You will benefit when they give you honest feedback on your business plan.

• Do some serious financial sleuthing: See if you can get in touch with a company that is doing what you want to do. Get an idea of the financial structure of the business and ask them how they became established and profitable.

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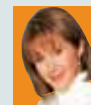


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Desserts at restaurants always look delicious and taste even better. Their nutritional information, however, doesn't look quite as nice.

Milestones The Cookie

1,300 calories/ 69 g fat/ 36 g saturated fat/ 113 g sugar

With gelato, which is less calories and fat than ice cream, and chocolate and caramel sauces, this cookie holds a day's worth of fat and calories.



Equivalent

One innocent sounding The Cookie from Milestones is equal in calories to three and a half medium strawberry sundaes from Dairy Queen.



Milestones Ibarra Chocolate Cake

334 calories/ 18 g fat/ 9 g saturated fat/ 30 g sugar

Even with gelato, chocolate sauce and whipped cream, this Mexican chocolate lava type of cake contains less calories, fat and sugar.



'Round-the-world work

Destination desk.

Discovering the best ways to do business in a faraway land

It's no surprise that company cost-cutting puts added pressure on business travellers, but that shouldn't mean compromising on comfort. Take a look at these helpful tips from Days Inns Canada to make your next business trip stress-free:

What to pack

The most important rule for any business traveller is to pack lightly. Be practical and only take items essential to your trip. Review luggage specifications with your carrier and if you do need to check a bag, be sure to have important documents in your carry-on.

Comfort counts

Why not pass on the four-star hotel and go for a two or three-star that provides clean, comfortable rooms, exceptional service and the essential hotel amenities all at a reasonable price? Many hotels offer a free breakfast and most have a fitness room or pool, so you can keep fit on the road.

Get rewarded

Check with the hotel you're



Almost time for take off? Double-check that you've packed your travel documents along with all those work papers. ISTOCK

considering to see if they offer a loyalty rewards program designed with the traveller in mind. Look for participating partners and you might earn valuable points or miles on every qualified stay.

Keep in touch

It's a good idea to send your

business itinerary to a co-worker, friend or relative, so someone will always know your whereabouts. Be sure to carry a cellphone when travelling alone and, of course, sending an email from the road to keep people informed is a good idea.

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22k	\$35.27/g
E. Indian/Nuggets	\$31.27/g
18k	\$28.88/g
14k and dental	\$22.45/g
10k	\$16.02/g
9k	\$14.44/g
8k/antique gold	\$9.63/g

Gold Bar Buying Prices

Gold Bars | Buy Price

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Gold bars, less than 1 ounce (Recognized)	\$50.33/g
999 Gold bar (Unrecognized)	\$48.96/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$30.64/coin
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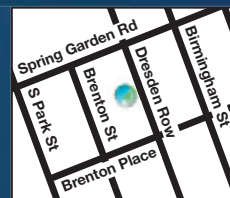


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AUS football

Huskies face do-or-die game

The Saint Mary's Huskies' bid for the Atlantic University Sport football playoffs is going down to the wire.

The Huskies lost 12-5 to the Acadia Axemen on Saturday in Wolfville to fall to 2-5, tied for last in the conference with the St. Francis Xavier X-Men.

Saint Mary's and St. F.X. meet at Huskies Stadium on Saturday at 2 p.m., with the winner clinching the final AUS semifinal playoff spot.

The Mount Allison Mounties, 3-4, clinched the first semifinal spot on Saturday with a 29-16 win over the X-Men.

The winner of Saturday's Saint Mary's-St. F.X. tilt will square off against Mount Allison in the semifinal on Nov. 3, with the winner of that game meeting the first-place Acadia Axemen, 6-1, in the Loney Bowl final on Nov. 10. **METRO**

AUS soccer

Huskies keep hold of top spot

The Saint Mary's Huskies posted a big 3-1 win over the Acadia Axemen on Sunday to hang on to top spot in Atlantic University Sport men's soccer.

Saint Mary's improved to 7-1-3 for 24 points, two points ahead of the second-place UNB Varsity Reds with two games remaining.

The V-Reds posted a 1-0 win over the visiting Dalhousie Tigers, 5-5-2.

In women's play, second-place Dalhousie, 9-2-1, defeated host UNB 2-1 while Saint Mary's, 4-5-2, took down visiting Acadia 1-0. **METRO**

AUS hockey

Huskies split weekend games

The Saint Mary's Huskies stayed at .500 with another weekend split in Atlantic University Sport men's hockey.

The Huskies lost 4-0 to the UNB Varsity Reds on Friday at the Forum but turned around on Saturday and beat the UPEI Panthers by the same score.

They're 2-2, sixth in the conference.

The Dalhousie Tigers also split on a weekend road trip, losing 6-4 to the Moncton Eagles Blues on Friday and defeating the St. Thomas Tommies 5-2 on Saturday.

The Tigers are 1-2-1, seventh in the conference. **METRO**



Paul Nelson of the Halifax Rainmen and Ayodokun Akingbade of the Summerside Storm fight for possession of the ball during National Basketball League of Canada pre-season action at the Metro Centre on Sunday. **JEFF HARPER/METRO**

Haley shines in Rainmen colours

NBL Canada.

Newcomer makes impression in pre-season loss



MATTHEW WUEST
matthew.wuest@metronews.ca

Hillary Haley's maroon-and-white college high tops were an odd match for his Halifax Rainmen jersey on Sunday, but he fit right in with his new team regardless.

On a team loaded with newcomers, the six-foot-seven product of NCAA Division I Maryland Eastern Shore made the biggest first impression of anyone as the Rainmen opened the National Basketball League of Canada pre-season with a 105-97 loss to the Summerside Storm.

Although the Rainmen allowed the Storm to score the final 17 points in front of a crowd of 7,562 on EastLink Slam Dunk Day, Haley shined with game-highs of 31 points and 12 rebounds.

"I'm a blue-collar guy, I don't really have a position, and

Long-serving Rainman

Veteran forward Crookshank retires

Eric Crookshank has retired from professional basketball.

Crookshank, the longest serving player in Halifax Rainmen history, made the announcement via email to media on Friday, about a month after the organization informed him he would not be re-signed for a sixth season.

The six-foot-eight forward finishes his Rainmen career with franchise records of 1,463 points and 1,145 rebounds in 113 regular season games. He became a fan favourite for his energy and high-flying dunks.

"As I move on to the next chapter of my life, I will look

fondly on the memories of my years with the Rainmen and all of its ups and downs, and will look forward to what the future holds for me," Crookshank said.

The 32-year-old said he is publishing a book in November titled *The Story of Eric Crookshank*.

MATTHEW WUEST/METRO



Eric Crookshank **METRO FILE**

whatever coach needs me to do, I do," said Haley, one of 10 new faces on the 12-man roster. "My teammates found me and I just played hard."

Haley, a rookie professional who averaged 13.3 points per game in three seasons at

Maryland Eastern Shore, only missed six of 18 shots while chipping in with three blocks and two steals.

As for the sneakers, Haley said he's got a variety to choose from and he'll "switch them up every game."

Quoted

"It's a tough loss. We had it going throughout the game, but you've got to finish the job."

Rainmen rookie Hillary Haley

"I just wanted to bring a little bit of that Maryland flavour with me to Halifax," he said with a laugh.

The Rainmen have one more pre-season game on Thursday in Summerside to work out the kinks before they open the regular season on Nov. 2 on the road against the Windsor Express.

"That was the first test today — unfortunately we lost, but there won't be too many Ls (losses) coming to the city of Halifax, I can tell you that," Haley said.

Halifax's Tyler Richards saw 14 minutes of floor time, going 0-for-1 and recording one assist and one steal in his Rainmen debut.

Three other newcomers hit double digits on Sunday: Darren Duncan (15 points), Joel Smith (14 points) and Eddie Smith (10 points).

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Cycling

Armstrong discusses
'difficult few weeks'

Lance Armstrong greeted about 4,300 cyclists at his Livestrong charity's fundraiser bike ride Sunday, then retreated into privacy as cycling officials get set to announce if they will appeal his lifetime ban and loss of seven Tour de France titles ordered by the U.S. Anti-Doping Agency.

Armstrong spoke briefly at the start of the ride in Austin, Texas, telling the crowd he's faced a "very difficult" few weeks. But he did not otherwise mention USADA's report detailing evidence of performance-enhancing drug use by Armstrong and his teams or the sanctions.

International Cycling Union president Pat McQuaid has scheduled a Monday news conference in Geneva where he's expected to announce if the sport's governing body will accept or appeal the sanctions to



Lance Armstrong speaks before a charity bike ride on Sunday in Austin, Texas. GETTY IMAGES

the Court of Arbitration for Sport.

"I've been better, but I've also been worse," Armstrong, a cancer survivor, told the crowd.

Armstrong wore a black T-shirt instead of the charity's signature yellow derived from the yellow jerseys given to the winner of the Tour de France.

"Live strong, be safe," Armstrong said before the first riders left the gate.

THE ASSOCIATED PRESS

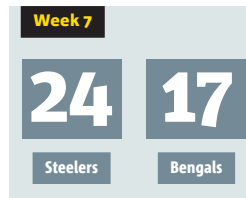
NFL. Depleted Steelers
grind out win vs. Bengals

The top two running backs were gone. So were two offensive linemen. All that the Steelers had left was Ben Roethlisberger, some backup runners and one of the NFL's top defenses.

In Cincinnati, that's plenty. Roethlisberger threw for a touchdown, overcoming his end zone interception and costly fumble, and Pittsburgh's defence clamped down on the Bengals' Dalton-to-Green connection for a 24-17 victory Sunday night.

Third-year running back Jonathan Dwyer made his first career start and ran for a career-high 122 yards, including a 32-yard gain that put it away in the final seconds. Shaun Suisham kicked field goals of 42, 47 and 42 yards.

For the Steelers (3-3), it was a significant win under tough conditions. Their first road win of the season moved them into second place into the AFC North behind Baltimore (5-2),



which lost to Houston 43-13 earlier Sunday.

"It puts us right there in the hunt," safety Ryan Clark said.

Cincinnati (3-4) wasted yet another chance to show it can keep up with the division's best. The Bengals are 0-6 the last two seasons against Pittsburgh and Baltimore.

The Steelers improved to 12-2 at Paul Brown Stadium, where thousands of towel-waving fans make them feel at home. They have won their last five overall against their AFC North rival and 10 of the last 12.

THE ASSOCIATED PRESS



LaMarr Woodley, left, and Larry Foote, right, of the Pittsburgh Steelers combine to tackle Jermaine Gresham of the Cincinnati Bengals Sunday in Cincinnati, Ohio. JOE ROBBINS/GETTY IMAGES

Mooseheads streak
now a perfect 10

QMJHL. Halifax has four-point cushion at top of league standings



MATTHEW WUEST
matthew.wuest@metronews.ca

The rest of the QMJHL is having a hard time keeping pace with the surging Halifax Mooseheads.

The nationally-third-ranked Mooseheads extended their winning streak to 10 games — five shy of the franchise record — on Sunday in Bathurst, N.B., edging the host Titan 4-3.

With the win, Halifax improved to 12-1 and now has a comfortable four-point cushion atop the league.

"It's nice, that part (winning 10 in a row), but what I liked was the way we played," said Mooseheads head coach Dominique Ducharme. "It was a solid (game) on the road ... our composure, our (competitiveness), our focus, and sticking to our plan ... I really enjoyed our game."

Forwards Stefan Fournier, Matthew Boudreau, Darcy Ashley and Nathan MacKinnon scored for the Mooseheads, who also defeated the Sherbrooke Phoenix 4-3 on Friday at the Metro Centre before a sellout crowd of 10,595 on Pink in the Rink night.

Ashley's tally was his first of the season, ending a 24-game goalless drought dating back to last year's playoffs. Boudreau continued a hot streak that has seen him pro-



Mooseheads forward Matthew Boudreau continues to light the lamp during a hot streak. METRO FILE

duce eight goals and four assists in seven games, while MacKinnon stretched his goal-scoring streak to seven games, giving him 11 goals during that run.

"He's getting better and better," Ducharme said of MacKinnon. "He was really, really solid today, and he's getting rewarded. They're not all highlight goals — even though he has a few of those, too — but he's doing a great job in every situation and I really like his game, especially today."

Impressive record

In the entire Canadian Hockey League, only the Kamloops Blazers of the Western Hockey League have a better record (12-0-1) than the Mooseheads this season.

Right-winger Martin Frk was in the lineup after leaving Friday's game with an illness. Left-winger Jonathan Drouin missed his sixth straight contest with an upper body injury

and defenceman MacKenzie Weegar sat out with a virus.

The Mooseheads return to action on Wednesday at 7 p.m. at the Metro Centre against the Drummondville Voltigeurs.

Ducharme said Weegar should be back for that game while Drouin — the team's leading scorer at the time of his injury — could also return.

"We're still day-to-day with him but he's really getting close to playing," Ducharme said. "We're hoping Wednesday could be the night."

CFL. Als' Emry says sorry
for punch vs. Roughriders

Montreal Alouettes linebacker Shea Emry has apologized on Twitter for punching Saskatchewan Roughriders lineman Brendon Labatte.

Emry was ejected late in the first half of Montreal's victory in Regina on Saturday for what appeared to be a punch below the belt to Labatte after a Roughriders touchdown.

The 26-year-old apologized to fans of both teams as well as to the CFL and commissioner Mark Cohon.

"I apologize to the @cfl @sskroughriders and @MTLAlouettes fans for my actions yesterday," Emry tweeted on Sunday. "It was a mindless act that isn't admirable."

Emry, who had been

Quoted



"That's not the person I am off the field nor is it an (example)

I want to set for youth that are watching me on the field."

A Twitter post from Montreal linebacker Shea Emry after punching Saskatchewan lineman Brendon Labatte in Saturday's game.

named defensive and Canadian player of the week in the previous week, is likely to face further disciplinary action for the incident.

THE CANADIAN PRESS

Lockout

NHL's Daly says
CBA framework is
in place

Time is running short to save a full NHL season.

But with just days remaining to strike a new collective bargaining agreement and preserve an 82-game schedule, deputy commissioner Bill Daly indicated that he felt there was a deal to be made.

Asked on Sunday whether there was a chance for the sides to get something in place by Thursday's deadline, Daly responded by saying "that's more of a question for the union than it is for me."

"We think there's a

framework of a deal on the table," he added.

It's the same conclusion a number of observers reached after watching the league and NHL Players' Association move closer together in proposals delivered over the last week.

At worst, they remain about \$550 million US apart in the division of revenue over a five-year deal — depending on which of the union's three proposals is used and at what rate the business ends up growing.

They could be separated by as little as \$320 million.

The NHLPA has shown a willingness to get to the league's desired 50-50 split of revenues over the course of the deal.

But the union wants to ensure all current contracts are honoured in full.

THE CANADIAN PRESS

MLB. Farrell leaving Blue Jays to return to Red Sox

John Farrell's old boss says the Boston Red Sox's new manager has his dream job.

The Blue Jays agreed to a deal with Boston on Sunday that released Farrell from his contract with Toronto, allowing him to join the Red Sox.

"This was a dream job for him and an opportunity he really wanted to pursue," Blue Jays general manager Alex Anthopoulos said on a conference call. "If it was a deal that made sense for our club as well we were going to go ahead and try to complete that."

The Blue Jays have a policy that employees cannot make lateral moves to other organizations without compensation. As part of the deal with Boston to acquire Farrell's services, the Red Sox dealt infielder Mike Aviles to Toronto for right-handed pitcher David Carpenter.

Anthopoulos says Farrell indicated to him after the season that if the Red Sox showed interest, he wanted to pursue the opportunity.

Boston approached Blue Jays' management and negotiations went from there.

Farrell received a three-year



John Farrell as a Boston Red Sox pitching coach in 2010. Farrell is set to join Boston as manager.

THE ASSOCIATED PRESS FILE

deal in Boston.

"I'm extremely excited to be returning to the Red Sox and to Boston," Farrell said in a statement. "I love this organization. It's a great franchise in a special city and region, with great fans, and we want nothing more than to reward their faith in us."

Now the Blue Jays will have to fill the void left by Farrell's departure. Anthopoulos says he will begin the process of hiring a new manager in the coming days. **THE CANADIAN PRESS**

Vogelsong's strong outing forces NLCS to Game 7

Winner-take-all.

Giants have come out on top in five must-win games this post-season

Ryan Vogelsong and the San Francisco Giants saved their season once more, pushing St. Louis to a winner-take-all Game 7 in the NL championship series.

Turns out the defending champion Cardinals aren't the only team that's tough to put away in October.

Vogelsong struck out a career-best nine batters in another post-season gem, and the Giants avoided elimination for a second straight game by beating St. Louis 6-1 on Sunday night.

"This place is going to be loud, I can tell you that," Vogelsong said of Game 7 on Monday night.

Marco Scutaro delivered a two-run double and Buster Posey drove in his first run

Game 6

6

Giants

1

Cardinals



Ryan Vogelsong of the San Francisco Giants pitches against the St. Louis Cardinals Sunday in San Francisco. Vogelsong struck out nine batters in the win. EZRA SHAW/GETTY IMAGES

THE ASSOCIATED PRESS

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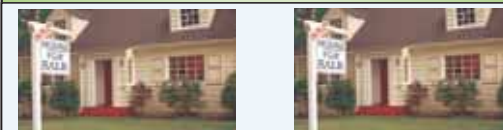
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Horoscopes

Aries

March 21 - April 20

The odds may have been against you of late, but you refused to give up and you will soon reap the rewards. Today, you should make it a priority to patch things up with people with whom you've fallen out.

Taurus

April 21 - May 21

The Sun's change of sign tomorrow will give you the chance to help other people, but you have got to be realistic and accept that you cannot help everyone. Do what you can when and where the opportunity arises.

Gemini

May 22 - June 21

Start winding things down a little. You have been moving at top speed for quite a while so now you need to balance things out and give both your body and your mind time to recover. They need it.

Cancer

June 22 - July 23

You need to resolve a family issue that has been causing you sleepless nights, and you need to resolve it now. As of tomorrow, you won't find it so easy to talk to loved ones — nor will you have the time.

Leo

July 24 - Aug. 23

No doubt you have a lot to say for yourself — as always — and no doubt it is well worth listening to. But don't hog the conversation today. Let others have their say. You may be surprised how much you learn.

Virgo

Aug. 24 - Sept. 23

You still have time to sort out a problem that has been bugging you but you have got to be quick. If you leave it much longer it will cause you more than just anguish. It will also cost you some serious money.

Libra

Sept. 24 - Oct. 23

It may seem as if time is running out, but there is no point rushing to catch up because you will only make mistakes. What's done is done and cannot be undone. It is time to move on.

Scorpio

Oct. 24 - Nov. 22

One of the most difficult phases of the year is coming to an end and by this time tomorrow, it will feel as if a great weight has been lifted from your shoulders. Maybe it has or maybe it was never really there.

Sagittarius

Nov. 23 - Dec. 21

As usual, you have been taking risks and cutting corners, and you have largely gotten away with it. However, the Sun's change of signs tomorrow means you need to tread carefully from now on.

Capricorn

Dec. 22 - Jan. 20

What seemed like a setback last week will now reveal itself to be a blessing in disguise, so don't feel too upset if you were denied something you desired. And stop worrying what the future will bring. It's all good.

Aquarius

Jan. 21 - Feb. 19

If you define your goals clearly over the next 24 hours, you will be given the chance to realize them before the year comes to an end. Ignore what other people expect of you. Do only what feels right to you.

Pisces

Feb. 20 - March 20

You are coming to the end of a difficult phase, but you have to admit that the lessons it taught you were valuable, maybe priceless. Here's another one: Don't overreact and do anything stupid. **SALLY BROMPTON**

From a Bank to a Failure

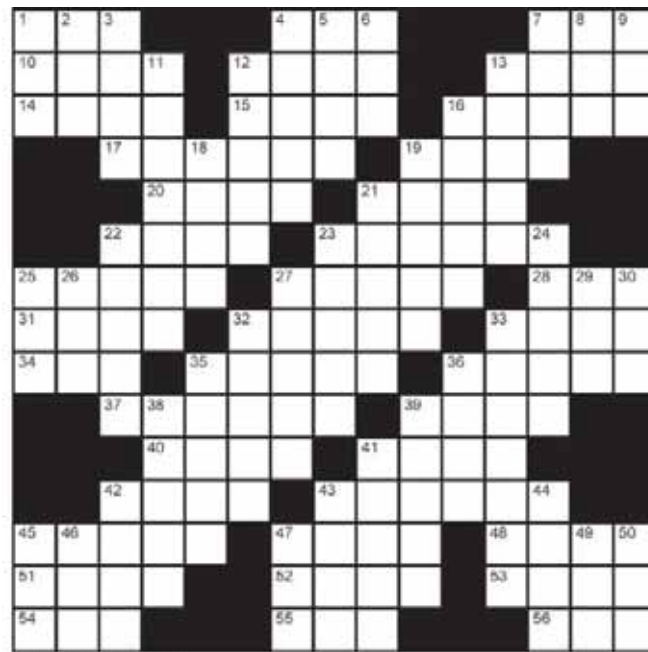
Across

1. BMO competitor
4. Animal enclosure
7. Alta. neighbour
10. Of the mouth
12. Charity event
13. "Arrivederci!"
14. Completely naked
15. Mounties, in short
16. Accompaniment for fajitas
17. Conservative Party
19. Conflagration
20. Pecans and pistachios
21. Plant used to make poi
22. Impertinent talk
23. Canadian or Laurentian
24. _____: geological area that covers over half of Canada
25. 39.37 inches
27. Hiker's trail marker made of stones
28. _____ de Cologne
31. Like some fine wines or cheeses
32. Chess pieces
33. Black or yellow dogs, for short
34. Canadian name for what is called soda in the US
35. Ontario and Great Slave
36. Vice _____: in opposite order from that stated
37. Divided up
39. Low voice
40. Aardvark delicacies
41. Can of worms, perhaps
42. Black and wet
43. 1,000 kilogram units
45. Black-and-white "bear"
47. Vassal
48. Peruse

51. Quaker _____ cereal
52. "_____ I care" (I don't care) (2 wds.)
53. Belle's boyfriend
54. Pete Townshend and Roger Daltrey's group, with "The"
55. Yukon's Logan and BC's Robson: abbr.
56. Satirical magazine that's been around since the 1950s

Down

1. Steal
2. Woman's undergarment
3. Grocery store vehicle
4. Footsteps
5. Shade trees
6. 40 winks
7. World's longest river
8. Existed
9. "One _____ customer" (2 wds.)
11. Montréal singer-poet Cohen best known for "Suzanne"
12. 32-Down, familiarly
13. Christmas song
16. Ambulance alert
18. Deceptive manoeuvre
19. County exhibitions
21. Loses weight, with "down"
22. Paces
23. Cut, as lumber
24. Honeys
25. You might go to the CAA for one
26. Bigheadedness
27. Baked desserts



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29. Belly muscles, for short
30. Can. neighbour
32. Liberal _____
33. 14th PM Pearson (1963-68) (2 wds.)
35. Sri _____, formerly Ceylon
36. Like Narcissus
38. Poker players hold these
39. Many visitors to Calgary come because of its

- proximity to this
41. Early Frankenstein's Monster player Karloff
42. Fascinated by
43. Exam
44. Appear
45. "Right in the kisser!" precursor
46. What a dentist wants you to say
47. *I Am _____*: 2001 Sean Penn movie

49. Small battery
50. Failure

Friday's Crossword



What's online

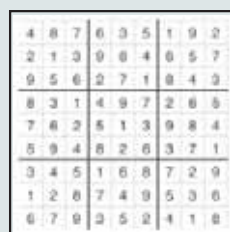
See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Today

12°/4°
Variable

Tuesday

8°/2°
Variable

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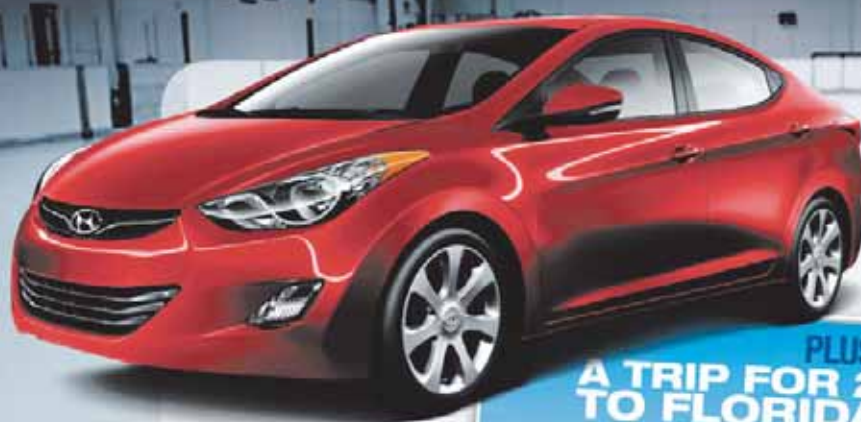
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